



Key Activities

The CalFresh Healthy Living Program implements policy, system, and environmental change projects, health education, and technical assistance to support healthy eating and physical activity.

Healthy Community Initiatives

Nutrition Education

Physical Activity Education

Community Events

School Events

School Wellness Policy

Active Transportation

Safe Routes to School

All curricula are evidence-based and approved by the California SNAP-Ed Program and the California Department of Public Health. Most curricula come with core standards for each lesson.

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<https://www.placer.ca.gov/3029/CalFresh-Healthy-Living>

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Who We Are

Placer County CalFresh Healthy Living Program is a USDA SNAP-Ed funded program through the California Department of Public Health. We are locally run out of the Placer County Public Health Division.

Who We Can Serve

Audience: Children, Teens, Adults, and Seniors

- Schools that are 50% free or reduced price meals.
- Census tracts where at least 50% of persons live in low-income households ($\leq 185\%$ federal poverty level).
- Locations with a high likelihood of reaching individuals with limited resources.

CalFresh Healthy Living

CalFresh Healthy Living (SNAP-Ed) supports healthy, active and nourished lifestyles by teaching Californians about good nutrition and how to stretch their food dollars, while also building partnerships in communities to make the healthy choice, the easy choice.

The California CalFresh Healthy Living Program (SNAP-Ed) improves the nutritional health of low-income Californians by providing access to nutrition education, physical activity education, and leadership toward healthy community initiatives.

Activities

Safe Routes To School

- AAA Safety Patrol Program
- Walk to School Day
- Drop and Walk Locations
- Walk Audits
- Walking Wednesday
- Pedestrian Education for PE
- Bike Rodeos



Nutrition and Physical Activity Education

- 4th and 5th Grade Video Nutrition Lessons and Kits
- 6 Week Nutrition/ Cooking Workshop
- Nutrition Workshops
- Harvest of the Month Tastings
- Classroom Garden Kits
- High-School ReThink Your Drink 4 Lesson Kit
- Parent Nutrition Education
- CATCH and SPARKS PE Support



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Events

- ReThink Your Drink Day Event
- Healthy Snack Day Event
- Tastings with recipe cards